

Dynamic Balance



Dynamic balance is the ability to move your body outside of its support base or maintain postural control while your body is in motion. Due to the amount of concentration dynamic balance requires, dynamic balance exercises help increase brain activity. Completing this workout weekly, or some of the moves daily, is a great way to keep your brain happy and healthy.

This workout will focus on dynamic balance by using single-leg movements, changes in your base of support and direction, rotation, and unstable surfaces.

Directions

The charts below break up the workout into two circuits. Perform circuit one for 12 to 15 reps, unless otherwise noted for time. Complete the circuit four times before moving on to circuit two. For all single-leg or single-side exercises, perform repetitions on both sides for each set.

CIRCUIT ONE

EXERCISE	SET 1	SET 2	SET 3	SET 4
Skater jumps	30 seconds	30 seconds	30 seconds	30 seconds
Single leg deadlift	4-6 reps	4-6 reps	6-8 reps	6-8 reps
Cable wood chops	4-6 reps	4-6 reps	6-8 reps	6-8 reps
BOSU squats	12-15 reps	12-15 reps	12-15 reps	12-15 reps

CIRCUIT TWO

EXERCISE	SET 1	SET 2	SET 3	SET 4
BOSU squat shuffle	30 seconds	30 seconds	30 seconds	30 seconds
Side step up, knee up	4-6 reps	4-6 reps	6-8 reps	6-8 reps
Bird dog	4-6 reps	4-6 reps	6-8 reps	6-8 reps
Split lunges	4-6 reps	4-6 reps	6-8 reps	6-8 reps

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Skater Jumps

Begin by standing with your feet together. Carefully hop your right leg to the right, bringing your left foot behind it on a diagonal. Immediately hop to the left with your left leg, bringing your right foot behind it on a diagonal. Try to balance on one leg with each hop. Repeat continuously.



Single Leg Deadlift

Stand with feet shoulder width apart. Lift one foot off the ground. Slowly bend forward with a straight back while raising leg behind you until dumbbells are about shin height. Return to starting position. Perform repetitions on both legs.



Cable Wood Chop

Begin by standing with your feet hip-width apart, knees slightly bent and toes pointing forward. Hold the cable handle with two hands to the side of your left knee. Slightly twist your torso and pull the handle from your hip in toward your midline. Allow your toes to pivot as your torso twists. Twist your torso, and press the handle diagonally across your body and over your right shoulder, finishing with your toes pointing right and your arms fully extended. Slowly pivot and twist back to your starting position. Remember to keep your back flat and strong. Perform repetitions on one side, then do the same amount of repetitions on the other side, starting with the handle on the outside of your right knee and rotating your torso to the left.



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BOSU Squats

Stand with your feet shoulder-width apart on top of a BOSU. Carefully press your hips back as you bend your knees, lowering your weight until your knees are at 90 degrees and your quads are parallel to the floor. Make sure to keep your weight in your heels, and don't let your knees pass your toes. Return to the starting position, and repeat slowly.



BOSU Squat Shuffle

Stand with your feet shoulder-width apart, and place your right foot up on the center of a BOSU. Press your hips back as you bend your knees, lowering until your knees are at 90 degrees and your quads are parallel to the floor. Make sure to keep your weight in your heels. As you return to standing, press your feet down and explode up and over the BOSU, landing with your left foot on top and lowering into your squat. Repeat continuously.



Side Step Up, Knee Up

Position yourself with one foot on a flat bench or step. With the bench to one side, press down firmly with your foot, and raise your body up, bringing your outside knee up in the air. Slowly return back to the starting position. Remember to perform repetitions on both sides.



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Bird Dog

Position yourself on the floor or a mat on all fours. Slowly extend one arm and the opposite leg. Hold for a second, then bring your elbow and knee to meet at your midline. Return back to the starting position, and repeat all repetitions before moving to the opposite side. Keep your hip bones square to the floor throughout the exercise; try your best not to let them move or sway.



Split Lunges

Stand in a split stance with dumbbells in hand and your right foot in front. Drop straight down into your lunge until your front knee is parallel to the ground and your back knee is bent at 90 degrees just above the ground. Return to the starting position, then repeat. Perform repetitions on both legs.

